



November 9, 2018

VIEW ROYAL ELEMENTARY NEWSLETTER

218 Helmcken Road, Victoria BC V9B 1S6 Ph: 250-479-1671 Fax: 250-744-2389
E-Mail: viewroyal@sd61.bc.ca Web Site: <http://www.sd61.bc.ca>

IMPORTANT DATES TO NOTE:

Monday, November 12th	Stat Day in Lieu (no school in session)
Friday, November 16th	Photo Retake Day
Wednesday, November 21st	Movie Night – "Home Alone" 6:00pm – 8:00pm
Thursday, November 22nd	Non-Instructional Day (Pro-D)
Friday, November 23rd	Non-Instructional Day (Pro-D)
Friday, November 30th	Monthly Assembly @ 2:00pm
Friday, November 30th	Fun Food Orders Due by 3:00pm
Friday, December 7th	Fun Food Day

PRINCIPAL'S ADDRESS:

Thank you for taking the time to connect! We have appreciated meeting you at the Halloween Dance and at the Parent and Teacher Interviews. We learn so much during these connections and thank you for taking the time to both enjoy the fun activities in your child's elementary school life and as well partner with the teacher with your child's learning in mind. Our staff take pride in their profession in working on academic, social and emotional growth.

We remembered today during our Remembrance Ceremony. Thank you to our very special guests, Warrant Officer Collin Kelley, Sargeant Vicky Killion, Sargeant Stephanie Henry and Petty Officer 2nd class Fiona Borland as well as our staff member Sgt. Ameer Ballantyne and Associate Superintendent Colin Roberts for attending. We want to thank the school choir, Mr. Lee, Mrs. Higginbotham and class; Mrs. Cardinal and our Aboriginal student representatives, for their contributions. We learned from our guest speaker Sgt. Killion the story of the real bear that went to war:

<https://www.cbc.ca/kidscbc2/the-feed/the-real-life-canadian-story-of-winnie-the-pooh>; then of the first teddy bear who also went to war: <https://www.warmuseum.ca/collections/artifact/1368588/>.

I would like to thank the parents who found time in the middle of their day to distribute our Fun Food lunches today. Another thank you to Mrs. O'Sullivan and her team for the many days of organizing and selling during book fair week. (Also a thank you to parents for the donated books to classroom libraries). Lastly, a thank you for continuing to send your children dressed for the outdoors.

See you Tuesday and at the PAC meeting next week.

~Miss Pick

Lost and Found Items

All lost and found items are now displayed in the hallway until the end of the school day on November 16th. Please come and have a look to claim anything that belongs to your family.

All unclaimed items will be donated to charity at the end of next week.





PLEASE TAKE CARE



Just a reminder as the wet/cold weather continues, the hill behind View Royal School off Rudyard Road is dangerous and very slippery. Please use the ramp and/or stairs at either end of the school to access the school property from Rudyard Road.



Don't Forget!



Just a reminder that anyone wishing to order Hillside Night of Lights tickets has until 3pm, November 14th to have orders submitted and paid for.
Kick off your holiday season with this adventure!

DON'T MISS OUT!

PAC News!

Follow us on Facebook! www.facebook.com/viewroyalpac
Or visit our website www.vrpac.com

Next PAC meeting:

Wednesday, November 14th

6:30 pm

School Library

Everyone welcome, we would love to see some new faces!!

Free babysitting is provided by the PAC.

*For the safety of our children, the PAC is now providing 2 babysitters at each meeting.

We always look forward to having new members and volunteers. Come out to enjoy one of our fun events and see what volunteering with us is all about. Or join us for a PAC meeting in the school library 6:30 every second Wednesday of the month. For information about volunteering, or PAC meetings please email president@vrpac.com

Did you know that the Pac supports many of the "extras" that are provided to our children at School? Without a PAC our kids would miss out on activities such as: Field trips, dances, movie night, fun fair, wheelchair basketball, special performances, fun food days, gymnastics, parent information nights, camps and much more.

If you are able to help, or have questions about volunteering for any event please contact fundraising@vrpac.com for more info



Purdy's Chocolates

Purdy's Chocolates - Fundraising information and catalogues have been sent home - all ordering is done through the Purdy's online website.

1. Access by using the link provided on the letter that was sent home. This will let you set up an account, as each class has its own code
 2. Find child's teacher and division and set up your child's profile under their class
 3. Order and send link to family and friends using your child's profile for easy ordering and delivery
 4. Watch communication from PAC on pick up times on Thursday Dec. 13
- Questions or need to pay with cash - contact Trish- fundraising@vrpac.com



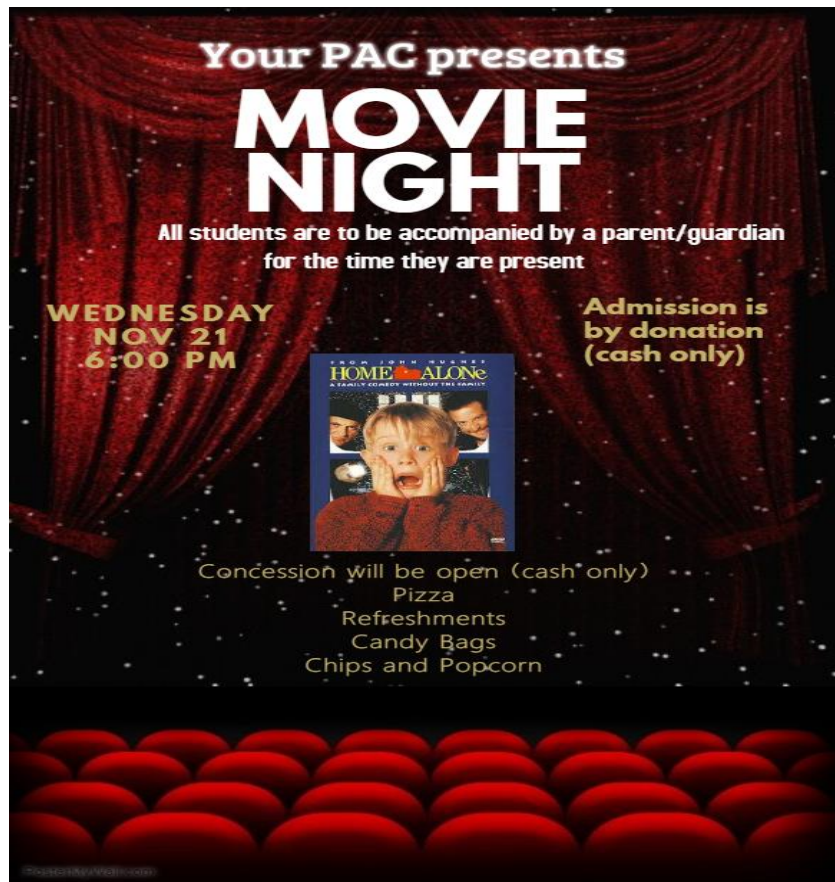
Movie Night- Wednesday November 21st – 6:00pm

Classes voted on 5 holiday themed movies and the winner is HOME ALONE.

Wear your pjs, and bring pillows and blankets to get cozy!

Entry by donation - cash only.

Concession will be open, and serving, pizza, drinks, popcorn/chips and candy bags.



Night of Lights

Hillside Night of Lights-November 18

Order tickets through the hot lunches website OR contact fundraising@vrpac.com

\$5 per ticket, with 100% of the profits going towards our school.

Ticket orders due NO LATER than Wednesday November 14th, and will be sent home with students.



A great way to give AND receive! Support:

When you purchase a \$5 ticket to Hillside Centre's special evening, Night of Lights, 100% of the proceeds support local charities in your community. The \$5 ticket also buys you a special evening event like no other! The evening includes fabulous in-store discounts, tasty treats, musical entertainment – and the chance to win great prizes including the GRAND PRIZE – a \$4,000 Flight Centre Travel Voucher towards your next Getaway!

With the money we raise through ticket sales we support:
PAC supported events and requests

For tickets or information, contact: Trisha Tahouney at fundraising@vrpac.com

Get your Night of Lights tickets today!
Limited number available. Entrance to the special evening is for ticket holders only – so tell your friends!

FLIGHT CENTRE
HILLSIDE
LIFE. styled.  

Code Word: CHOCOLATES

ONGOING FUNDRAISING OPPORTUNITES!!!

Thrifty Foods Smile Cards

Thrifty Foods Smile Cards available through fundraising@vrpac.com
Pre-load your card at the store and 5% of your purchase is donated back to our school!



Cobs Bread at Eagle Creek Shopping Center

Cobbs Bread Eagle Creek- ask for your order to be put under View Royal Elementary *before being rung through* and 5% of your purchase will go back to our school!



Glenwood Meats - 1245 Parkdale Drive in Langford

Glenwood Meats is again offering 10% of all purchases back to our school!
Bring your receipts to the school drop box, or ask at Glenwood counter to have your receipt put into the View Royal box.



Now for a fun little contest!

In the School office you will find an entry box and tickets.
Fill out one ticket with your name, phone number and/or email address.
For your entry to be valid, you must include the code word that is hidden in every newsletter.

We will draw one winner each month for a prize.

You may also enter this draw by email!

Email secretary@vrpac.com with your name, phone number, and the Code Word
(please use PAC draw as subject of email)

This contest is for parents and guardians only. No student entries please

'In the Know' - Education + Networking Sessions for Parents

"Anger Management for Parents of Children who are Explosive" -November 26th

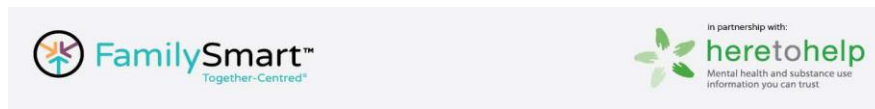
This workshop is designed to help parents recognize the early stages of anger and teach their children tools to self-calm and self regulate. Strategies and tools learned in this workshop can be applied to children with different needs and of all ages - including adults.

Parents, caregivers, those working with children, and professionals welcome!
Presented by Katherine Paxton CCC

Date & Time: Monday November 26th, 6:30 - 8:30 pm

Location: The Military Family Resource Centre, 2610 Rosebank Road

RSVP: <https://bit.ly/2ykcf2l> or Lisa.Tate@familysmart.ca



'intheknow'

education + networking sessions

WESTSHORE COMMUNITY SITE

A teal banner with a large, faint 'in the know' logo in the background. On the left, it says "Together-Centred® for Child & Youth Mental Health". On the right, it contains the following text:

'in the know' is a monthly networking and information sharing session that explores topics related to child and youth mental health and substance use challenges for families and those working with young people and families.

Participate in person at a community site near you or view a webinar from our library online anytime.

For more information and other topics go to www.familysmart.ca/in-the-know



'in the know' webinars and guest speaker presentations are free of charge.

all are welcome!

Military Family Resource Center-
Winnipeg Room,
2610 Rosebank Rd, Victoria



"Anger Management for Parents of Children who are Explosive"

Special Local Speaker : Katherine Paxton MC, CCC

**Monday, November 26, 2018
6:30pm – 8:30pm**

**Please RSVP by phone or email to:
lisa.tate@familysmart.ca / 1.855.887.8004**

100X5

1000 Books by Age Five
Children's Book Recycling Project Greater Victoria



Please fill our empty bins!

157,000 books in seven years donated to new homes where they are needed.

THANK YOU!!!

Please do a clean of your bookshelves and help another child succeed by having a home library. Take your gently used books **for babies to five year olds** to the pink bin in the school's front entrance.

"I Never Knew That About ADHD" Presentation

On November 22nd, Quadra Elementary school will be hosting an evening presentation for parents and educators called "I Never Knew That About ADHD!".

Here is the description of the event:

Child psychologists Dr. Barbara Kennedy and Dr. Marei Perrin from Child and Youth Mental Health are sharing their vast knowledge on the topic of ADHD. How is it diagnosed? Will it go away as an adult? Aren't all kids hyperactive? Why would I bother to bring my child in for help? And many more pressing questions.

Be prepared to have your preconceptions blown away.

This illness is not what most of us think it is!

Following Dr. Kennedy, Rey Marx, London Drugs pharmacist, will ponder the questions surrounding medication use. Is it safe? Will it make my child a zombie? Are there good and bad choices in medications?

Time at the end will be reserved for questions to our presenters. Limited child care spaces will be available in the library. This event runs from 6:00pm-7:30pm.

Tickets are free but must be reserved ahead of time.

<https://www.eventbrite.ca/e/i-never-knew-that-about-adhd-tickets-50718851450>

Field Hockey

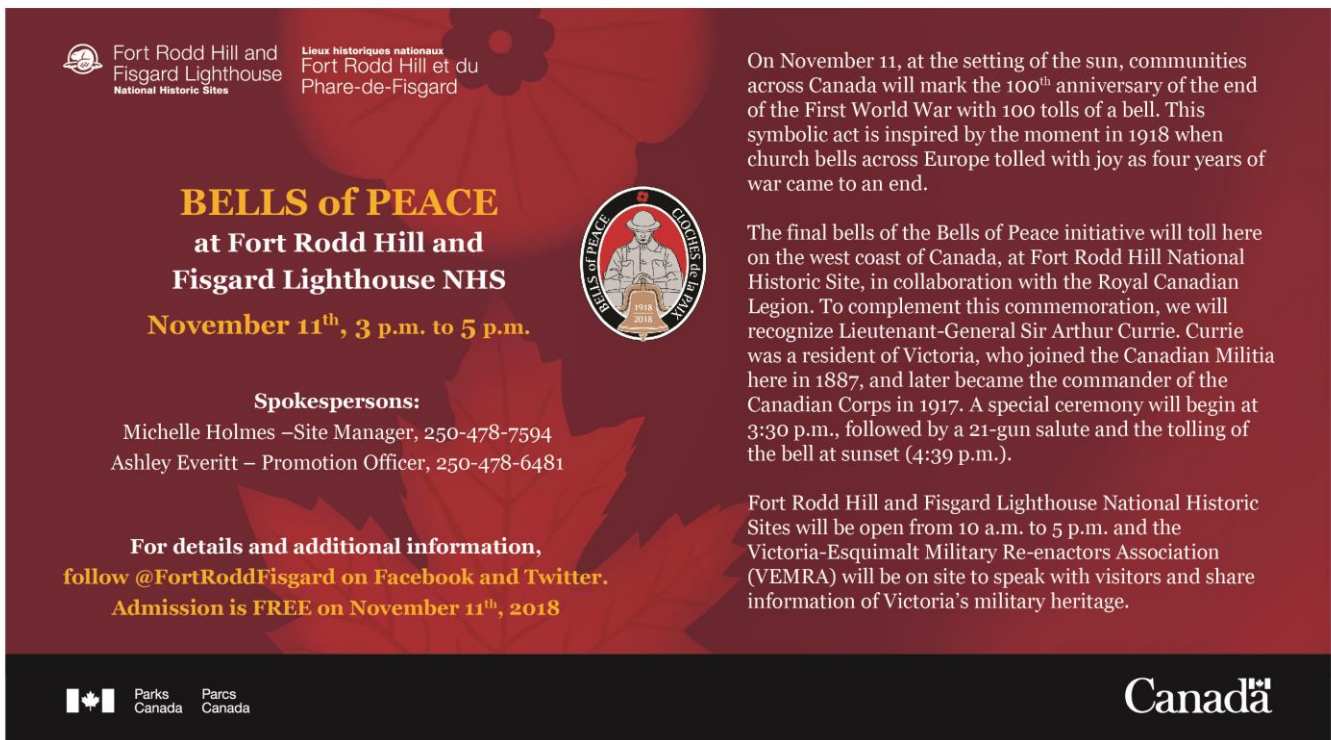
Have you heard of field hockey? Have you ever wanted to try it?


Well now you can and FOR FREE!!

Victoria Junior Field Hockey League is hosting our annual Come Try the Game Free session at UVic water turf (right beside CARSA) on Sunday, November 25th, 2018 from 3:30 - 4:30pm. If your child is between the age of 5-18, and would like to try a new sport for FREE we look forward to seeing you. Please feel free to bring a friend as well.

Please bring shin pads and mouth guards if you have them. Sticks, balls, coaching and fun will be provided. Sign up at the link below.


<https://teampages.com/forms/19183-COME-TRY-IT-FREE-DAY-SUNDAY-NOVEMBER-25th-2018>



 Fort Rodd Hill and Fisgard Lighthouse
National Historic Sites

Lieux historiques nationaux
Fort Rodd Hill et du Phare-de-Fisgard

BELLS of PEACE
at Fort Rodd Hill and Fisgard Lighthouse NHS
November 11th, 3 p.m. to 5 p.m.




Spokespersons:
Michelle Holmes – Site Manager, 250-478-7594
Ashley Everitt – Promotion Officer, 250-478-6481

For details and additional information, follow @FortRoddFisgard on Facebook and Twitter. Admission is FREE on November 11th, 2018

On November 11, at the setting of the sun, communities across Canada will mark the 100th anniversary of the end of the First World War with 100 tolls of a bell. This symbolic act is inspired by the moment in 1918 when church bells across Europe tolled with joy as four years of war came to an end.

The final bells of the Bells of Peace initiative will toll here on the west coast of Canada, at Fort Rodd Hill National Historic Site, in collaboration with the Royal Canadian Legion. To complement this commemoration, we will recognize Lieutenant-General Sir Arthur Currie. Currie was a resident of Victoria, who joined the Canadian Militia here in 1887, and later became the commander of the Canadian Corps in 1917. A special ceremony will begin at 3:30 p.m., followed by a 21-gun salute and the tolling of the bell at sunset (4:39 p.m.).

Fort Rodd Hill and Fisgard Lighthouse National Historic Sites will be open from 10 a.m. to 5 p.m. and the Victoria-Esquamalt Military Re-enactors Association (VEMRA) will be on site to speak with visitors and share information of Victoria's military heritage.

 Parks Canada Parcs Canada

